



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 09219, Tangerines, (mandarin oranges), canned, juice pack**

**Report Date: July 01, 2017 03:13 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g
<b>Proximates</b>					
Water	g	89.51	2	--	222.88
Energy	kcal	37	--	--	92
Energy	kJ	155	--	--	386
Protein	g	0.62	2	--	1.54
Total lipid (fat)	g	0.03	2	--	0.07
Ash	g	0.28	2	--	0.70
Carbohydrate, by difference	g	9.57	--	--	23.83
Fiber, total dietary	g	0.7	--	--	1.7
Sugars, total	g	8.87	--	--	22.09
<b>Minerals</b>					
Calcium, Ca	mg	11	2	--	27
Iron, Fe	mg	0.27	2	--	0.67
Magnesium, Mg	mg	11	2	--	27
Phosphorus, P	mg	10	2	--	25
Potassium, K	mg	133	2	--	331
Sodium, Na	mg	5	2	--	12
Zinc, Zn	mg	0.51	2	--	1.27
Copper, Cu	mg	0.033	2	--	0.082
Manganese, Mn	mg	0.032	--	--	0.080
Selenium, Se	µg	0.4	--	--	1.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	34.2	2	--	85.2

Nutrient	Unit	1			1 cup 249g
		Value Per 100 g	Data points	Std. Error	
Thiamin	mg	0.082	2	--	0.204
Riboflavin	mg	0.029	2	--	0.072
Niacin	mg	0.445	--	--	1.108
Pantothenic acid	mg	0.125	--	--	0.311
Vitamin B-6	mg	0.042	--	--	0.105
Folate, total	µg	5	--	--	12
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	12
Folate, DFE	µg	5	--	--	12
Choline, total	mg	8.9	--	--	22.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	43	2	--	107
Retinol	µg	0	--	--	0
Carotene, beta	µg	193	--	--	481
Carotene, alpha	µg	133	--	--	331
Cryptoxanthin, beta	µg	503	--	--	1252
Vitamin A, IU	IU	852	2	--	2121
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	163	--	--	406
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.25
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.003	--	--	0.007
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 249g
		Value Per 100	Data points	Std. Error	
16:0	g	0.003	--	--	0.007
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.005	--	--	0.012
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.004	--	--	0.010
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.005	--	--	0.012
18:2 undifferentiated	g	0.004	--	--	0.010
18:3 undifferentiated	g	0.001	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.006	--	--	0.015
Threonine	g	0.010	--	--	0.025
Isoleucine	g	0.017	--	--	0.042
Leucine	g	0.015	--	--	0.037
Lysine	g	0.031	--	--	0.077
Methionine	g	0.013	--	--	0.032
Cystine	g	0.006	--	--	0.015
Phenylalanine	g	0.020	--	--	0.050
Tyrosine	g	0.010	--	--	0.025
Valine	g	0.026	--	--	0.065
Arginine	g	0.043	--	--	0.107
Histidine	g	0.011	--	--	0.027
Alanine	g	0.033	--	--	0.082
Aspartic acid	g	0.074	--	--	0.184
Glutamic acid	g	0.062	--	--	0.154

Nutrient	Unit	1			1 cup 249g
		Value Per 100	Data points	Std. Error	
Glycine	g	0.062	--	--	0.154
Proline	g	0.030	--	--	0.075
Serine	g	0.021	--	--	0.052
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Isoflavones					
Daidzein <sup>1</sup>	mg	0.00	1	--	0.00
Genistein <sup>1</sup>	mg	0.00	1	--	0.00
Total isoflavones <sup>1</sup>	mg	0.00	1	--	0.00

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331